Lethbridge First Baptist Church

24 Hours of Prayer
Prayer Guide
November 2026

Our primary questions and concerns in this day of prayer are:

- *Pray for wisdom and unity as we discuss our church at the Annual General Meeting on November 22, 2026.*
- *Who is God bringing to be our new Youth and Mission Pastor? Pray for the right person to fit both the role and the church family.*

Special Instructions:

We will be gathering at our building at 10:00 am on Sunday to end our 24-hour prayer vigil together. During your time of listening, have a pen and paper on hand to write down what you are hearing from God on behalf of our community. This could come in many forms; a scripture verse, a specific word, song lyrics (from a song you know or even a new song!), a poem, an image, or you might even write out a prayer. **We invite you to record what you hear and bring this paper with you to post.** We'll get the chance to view what God is speaking to our church.

If you cannot attend this gathering, feel free to email what you heard to Troy at troy@firstb.net and he will print and post it for you.

Specifics you can pray about:

(You do not need to pray for all these specifics, this is a guide. Feel free to pray longer for some things than others. Feel free to add to this list.)

1. Church prayers:
    a. ears to hear what the Spirit is speaking – an outpouring of the Spirit on us
    b. our council, staff, volunteers of all kinds
    c. our new council members coming on, and those who are leaving positions.
    d. for each person who comes through our doors to encounter the Holy Spirit
    e. for God to bring new people to us, filling specific gifts we will need
    f. for our mission to be a blessing in our community

2. Pastor of Youth and Mission prayers:
    a. for God to lead the candidate of his choosing to apply
    b. preparation of the person who will be our next Pastor of Youth and Mission
    c. preparation for us as a congregation to receive a new pastor
    d. that the wilderness of transition would sharpen our trust in God's provision

3. Our city
    a. mayor and council members
    b. city workers of all types
    c. front line workers and major employers in Lethbridge: police and fire, medical care, and education
    d. farm labourers who are far from home
    e. the oppressed in our city
    f. Indigenous and First Nations people
    g. those with mental health issues
    h. those with addiction issues

4. Our World
    a. peace: there are 65 active war zones, and many more in tension
    b. provision: those in need of basics, like food, water, shelter, clothes, education
    c. protection: for our sisters and brothers in the persecuted church
    d. compassion: for the global church to lead the way in recognizing, and uplifting, the humanity of those in need

How to Spend an Hour in Prayer[1]

Here are twelve suggested ways to pray during your hour of prayer (you can do 5 minutes each if you like for your entire 60 minutes).

Before You Start:

Take time to quiet yourself in God's presence.
Take a few deep breaths and relax.
You may read some scripture verses to quiet your spirit or be silent.
Sometimes we cannot stop our thoughts. Each time a thought comes lift it up in prayer.
Sometimes a verse or a thought will persist. Acknowledge that this might be God guiding your prayer.

1. Praise

Psalm 150:6 – Let everything that has breath praise the LORD! Praise the LORD!

This means to be grateful to God for *who He is*: He is holy, He is there (He exists); He is all-knowing, all-powerful, and present everywhere. God is loving, and merciful, and kind, and always faithful. These things and

[1] Adapted from David Tyra - *How to Spend an Hour in Prayer*, written by Dick Eastman https://www.firstbaptistlinton.org/2015/08/01/how-to-spend-an-hour-in-prayer/

more are called the *attributes* of God. The point is to give God thanks, not for what He's *done* or what He's *given*, but simply for who He is.

2. Waiting

Psalm 46:10 – Be still, and know that I am God.

Take time to gather your sense of God. Just still your heart, and silently surrender your soul to Him. Think of it like sunbathing: you simply bask in the silent Presence of God.

3. Confession

Psalm 139:23 – Search me, O God, and know my heart! Try me and know my thoughts!

Simply acknowledge to God the things in your heart and life that you know are not pleasing to Him. Then ask His forgiveness. Think of it as "spring cleaning" for your soul.

4. Scripture Praying

Jeremiah 23:29 – Is not My Word like a fire, declares the LORD, and like a hammer that breaks the rock in pieces?

Take any of your favorite verses and turn them into a prayer. The Psalms are especially good to use for this. Take Psalm 23, for instance. Read verse 1, and then say something like, "O Lord, You are my Shepherd, and I know that I will never lack for anything I truly need because You are watching over me." Try this, and watch

how your prayer will “take off”, and other things will come pouring out of you to God. Then when you “run down”, go to another verse.

5. Watching

Colossians 4:2 Continue steadfastly in prayer, being watchful in it with thanksgiving.

You could call this “holy alertness”. Think about the “borders” of your life, and talk to God about any weak spots where you might be susceptible to intrusion by the Enemy (i.e., the devil). This is you thinking about your life and talking to God about keeping you “out of the ditch”. It’s asking God to help you recognize potential problem areas with sin and temptation, before they happen.

6. Intercession

1 Timothy 2:1-2 – First of all then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a quiet and peaceable life, godly and dignified in every way.

This means praying for other people. Consider the 4 lists above for ways to pray/people to pray for, and/or use the Church Directory to pray for specific people. Consider praying specifically for the Search Committee.

7. Petition

Matthew 7:7 – Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. The sense here is: *keep on* asking, *keep on* seeking, and *keep on* knocking. The Apostle Paul said, *"Let your requests be made known to God." (Philippians 4:6)*

This is you talking to God about how you'd like your day to go. This is you talking to God about how you'd like your *life* to go. He gets the final say-so, but He still wants you to talk to Him about it.

8. Thanksgiving

1 Thessalonians 5:18 – Give thanks in all circumstances, for this is the will of God in Christ Jesus for you.

Maybe you can't be thankful *for* your circumstances, but you can still find something to thank God for *in* your circumstances. We have to be intentional about this; we aren't thankful by nature. This is simply you expressing your appreciation to God for what He's done and what He's given to you. It's cultivating an *attitude of gratitude* towards God.

9. Singing

Psalm 100:2 – Serve the LORD with gladness! Come into His presence with thanksgiving!

Sing a verse of a favorite hymn, or the words to a praise-and-worship song you like. Just close your eyes and sing the words *to Him.*

10. Meditation

Joshua 1:8 – This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

This time, don't say anything. Just think about a verse or a portion of Scripture. The word *meditate* meant "to chew the cud", like a cow will chew its cud, to get all the goodness out of the grass it ate. Have a pen and paper ready to record impressions He gives you.

11. Listening

Ecclesiastes 5:2 – Be not rash with your mouth, nor let your heart be hasty to utter a word before God, for God is in heaven and you are on earth. Therefore let your words be few.

Here is where you quietly wait before God to listen for whatever He might want to say to you. God is totally capable of speaking directly to your heart, if He wants. But you won't "hear" Him at all, if you don't take the time to *listen*. Sometimes God speaks first: you sense Him tugging on your heart, pulling you to come pray to Him. Try to never deny an impulse to pray. And when you believe God has spoken to you, weigh it carefully against what the Bible says. God will never tell you to do something contrary to Scripture. If you need to, go ask

someone who knows the Bible better than you. But be sure you make time to *listen* to God.

12. Praise

Psalm 63:3 – Because Your steadfast love is better than life, my lips will praise you.

This brings us full circle. You might be thinking, "I already did this!" But there is no such thing as praising God too much. Maybe, as your time of prayer draws to a close, you could thank Him for hearing your prayer. *(Psalm 65:2 – O You who hear prayer, to You shall all flesh come.)*

Scriptures:

"Be still and know that I am God" *Psalm 46:10*

"Who may climb the mountain of the LORD?
Who may stand in his holy place?
Only those whose hands and hearts are pure,
who do not worship idols
and never tell lies.
They will receive the LORD's blessing
and have a right relationship with God their savior.
Such people may seek you
and worship in your presence, O God of Jacob."
Psalm 24:3-6 (NLT)

"Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land." *2 Chronicles 7:14 (NLT)*

"Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest." *Matthew 11:28 (NLT)*

"Once Jesus was in a certain place praying. As he finished, one of his disciples came to him and said, 'Lord, teach us to pray, just as John taught his disciples.'" *Luke 11:1 (NLT)*

"Trust in the Lord and do good.
Then you will live safely in the land and prosper.
Take delight in the Lord,
and he will give you your heart's desires."
Psalm 37:3, 4 (NLT)

Songs and Poetry:

If there is still time in your hour of prayer, you may want to sing a song or recite memorized scriptures or poetry.

- Our God is an Awesome God
- Waymaker
- 10,000 Reasons
- Raise a Hallelujah
- Amazing Grace
- Step by Step
- The Lord is my Shepherd (Psalm 23)

"He who is the faithful witness to all these things says, 'Yes, I am coming soon!' Amen! Come, Lord Jesus!" *Revelation 22:20 (NLT)*

The preparation of this prayer guide was developed by Troy Taylor and Keith Shields with the input of many online examples.